NAME
EP 501 11/5/26.mp4

DATE
November 6, 2026

DURATION
1h 18m 53s

7 SPEAKERS
Del Bigtree
Jenn Sherry Parry, Executive Producer, The Highwire
Jefferey Jaxen, Investigative Journalist, The Jaxen Report, The Download
Male News Correspondent
Female News Correspondent
Wes Streeting, MP
Vani Hari, Author, Food Babe Feast

START OF TRANSCRIPT

[00:00:05] Del Bigtree
Have you noticed that this show doesn't have any commercials? I'm not selling you diapers or vitamins or smoothies or gasoline. That's because I don't want any corporate sponsors telling me what I can investigate or what I can say. Instead, you are our sponsors. This is a production by our nonprofit, the Informed Consent Action Network. So if you want more investigations, if you want landmark legal wins, if you want hard hitting news, if you want the truth. But Icandecide.org and donate now. All right, everyone. We're ready.

[00:00:44] Jenn Sherry Parry, Executive Producer, The Highwire
Let's do this.

[00:00:45] Del Bigtree
Action! Good morning, good afternoon, good evening. Wherever you are out there in the world, it's time to step out onto the Highwire. So let me start out by saying I love the smell of napalm in the morning. It's one of my favorite movie lines. I've wanted to say it for a long time. It seems like this is as good a time as any. Um, look, most of you know the Highwire is not a political show. The main reason for that is that we are a nonprofit and we have a tax status. It's called a C three tax status. And this means that we're not allowed to promote politicians or political parties or even specific legislation. So in short, I have to be very careful not to state an opinion that could have an effect on an election. But today, the election is officially over. And since there is nothing I can say that can change the result of the midterm election. I'm pretty sure I'm allowed to speak my mind, and that is what I intend to do right now. And I want to give you a warning based on our understanding of the stages of grief. You're probably going to wish that The HighWire aired on Wednesdays, because yesterday I was in a pretty good mood. I was seeing things in a positive way, you know, the way that you're used to seeing on the Highwire.

[00:02:21] Del Bigtree
But this morning I woke up and it is clear that the state of denial has worn off. And I'm pissed off. So you may want to turn down the volume at the very least. Okay, but here's what's bothering me. I've spent my life playing sports. You all watched me. I broke my ribs skiing. I like sports, I compete hard, and I like to be the best at everything that I do. And in that journey, I've learned that losing is a part of life. No one likes a sore loser. I say that to my son when he's playing tennis. I swore to myself when my friends and family were calling me and screaming and crying about how Trump had turned the whole nation red. I don't know if you got that call after the last election, but I swore to myself I would never be like that. As my dad used to always say to me, every dog has his day. If you ask my kids, they would report that I've shared the same message with them over and over and over again. But here's the thing that really struck me this morning, and is the question that I have. What is the mandate that was just won? This question comes because of who I am. Yesterday, I probably got a half a dozen reporters that called from many of the major newspapers, and they were all asking me the same question.

[00:03:35] Del Bigtree
Do you think this is a mandate for the democratic policies? Do you think this is a mandate against Bobby? Is this a mandate against Maha? My answer yesterday to all of them was, no, I don't even think Maha was on the ballot. Unfortunately, I didn't hear anyone discussing Maha values, not on either side of the conversation. No one was trying to speak to us or against us. But what was on the ballot? And this is what I have been thinking a lot about. You see, the Democrats didn't run on the right to castrate innocent children and put them on puberty blocking medication without parental consent. They didn't run on the right to have intimidating grown adults. Isolate our young, first, second, and third graders alone in a small office to ask them about their private parts and see if they have questions, whether they're uncomfortable in their own bodies. They didn't run on the right to change or even charge a parent with child abuse. If they refuse to recognize the new identity that was fabricated for them by some sick individual who was supposed to be teaching them math and history. They didn't run on the right to put pornographic books in our school libraries. And they definitely didn't run on the desire to label parents who attempted to read these same books aloud at school board meetings as domestic terrorists.

[00:04:58] Del Bigtree
And I know they didn't run on the desire to put as many fidgety kids on methamphetamines as possible and to graduate them to SSRIs. If those methamphetamines make them moody, I'm pretty sure they didn't even run on wanting to make the U.S. the most vaccinated nation in the world. And I know they didn't run on making the CDC's adult vaccine program, which is just as big as the children's mandatory for all adults. I didn't hear anyone who won run on the right for men to be allowed in women's locker rooms. If they had a fixation on women so extreme that they wanted to wear them as their own skin. And I didn't hear anyone run on the desire to hand our right to vote and our right to sovereignty and body autonomy over to unelected globalists like the WHO, the w f and the the UN. But unfortunately, I believe all these things will be in a voice, in a voice that is now funded by pharma, in the government that was just elected. What I did see them run on, though, was the cost of living being driven up by the high price of gas and an unpopular Iran war. And that's actually what has me so pissed off today. We didn't lose to a different ideology. This wasn't a mandate against the things that we thought were important. The majority of Americans have a new plan and have decided to take America in a new direction.

[00:06:27] Del Bigtree
So be it. You won. Let's see it. Let's hear it. I'm all ears. What is it we didn't understand about the plight of America. I'm waiting. I'm listening. The price of gas is too high. What? I didn't hear you. The price of gas is too high. Oh, oh, the price of gas is too high. So your solution is to elect the team that has been attacking the use of gas for the last 2 or 3 decades. The people that have been trying to block every oil lease, shut down production and limit the amount of fuel storage in America. They're the ones that are going to make gas cheaper. And thus our groceries that ship on gas fueled trucks will be cheaper. The people that currently have a lawsuit in Boulder, Colorado, heading to the Supreme Court that seeks to find every gas producer who ever produced gas to the tune of hundreds of millions, if not billions of dollars. They're going to reduce the price of gas. I'm sorry. I am not an economics major. Guaranteed. But wouldn't billions of dollars in fines on our oil producers increase the price of gas? And when it comes to the hard working jobs, which are not paying enough, you know, can we explain it by, you know, opening our borders to illegal immigrants that's going to fix it and flooding the market with people to compete for the jobs that are already thin because of AI.

[00:07:56] Del Bigtree
Have you ever heard of the concept of supply and demand? You know, to everyone who is dancing in the streets today, all I can say is, I'm sorry you were lied to. You see, this election is not a mandate. It is a theft of the goals and strategies that were truly starting to make America healthy again. We agree with you. We were already on it. We have the best economy in the world right now. We've done a better job digging out of the disaster of Covid than any other nation in the world, which all appear to be bankrupt, as we report on every week. Jobs are on the rise. Salaries are on the rise in America, and the last step in a full recovery hasn't happened yet, but it would be a lowering of the cost of living. I'm pretty sure that's just around the corner. And all of this has been achieved in less than two years. And now. And now America's great plan is we're going to hand the power back to the party that locked us down, shut down our fuel supply, tore down our borders, and drove us into the dark winter. I'm not angry because I lost or my ideals lost or our ideals lost. I'm angry because America just bought into a total lie.

[00:09:17] Del Bigtree
We did not elect individuals with a plan for America. We elected imposters who stole our slogans but have no intention of fulfilling our dreams. That is the tragedy of what has just happened. And so to all of those who were with us but decided not to vote because there's no point. Both parties are the same for everyone who stomp their feet like impetuous children who aren't getting their way fast enough. I gave you two years. Who promised to run away if they didn't get their way? You know who you are. I hope you're celebrating this. I better see pom pom emojis and fireworks on all of your social media posts and celebrating. Yay! We did it! This is the world we promised you. Let's see how your issues skyrocket to resolution now. And when Donald Trump and Bobby Kennedy are buried in congressional hearings and staring at impeachment, I hope you'll explain to all of us what are they being impeached for? I thought they didn't do anything right. They were useless. So are they being impeached for doing nothing? This is on all of you. This will be a learning moment for all of us, those who already learned this lesson, and those who didn't get it the first time or the time before that, and God willing, there will be growth. But lastly, I do believe there is a silver lining. Perhaps a uniting factor that does appear to be rising through all of our parties, whether we're Democrats or Republicans or independents.

[00:10:53] Del Bigtree
It appears we all have a distaste for war. We've decided that there's no place for war in the modern world. We have lost our appetite for the human toll involved in other nations conflicts. It appears that we, as a nation, have a desire to return to the thoughts of our Founding fathers, who prayed that we would never devolve into imperialism, that we would never become the police force for the world. They were right. And now it seems that we are all admitting it. And that is great. The Iran war is stupid, and if we're all agreed on that, we have something we can hold our hands on. We have fertile soil into which we can plant a tree of peace together, and I pray we will all continue to hold hands. If our elected leaders begin to pound the drums and rattle the sabers for the world war against Russia that is brewing right now in Europe as we speak. I'm also heartened to hear that so many Americans want to work towards cheaper gas, and now understanding that lowering the price of gas is the quickest way to a nation that is prosperous for all. So here is the message I want for the world. Forget about who we just voted for. Let's instead us. Let's focus our attention on what we just voted for and realize.

[00:12:21] Del Bigtree
It appears that we are almost completely aligned. Let's agree to hold accountable all of those politicians that don't work to bring down the price of gas, that don't protect our jobs from people that don't deserve them. For all those people that said they were, you know, standing up for our values and made promises. Let's hold them accountable. Whether the Republicans, Democrats or independents. We know what we want. Clearly, the whole world, the nation, we know what we want, and they know what we wanted to hear. So let's make sure they mean it and that they start working to fulfill their promises to us, not the corporate influencers and lobbies that are buying them. Us, we the people fulfill the promise that we all apparently agree on and let the healing of America begin. I've got a great show coming up. I just walked past some wonderful food because Vani Hari's in studio. She's got a great new cookbook. We're going to talk about Thanksgiving, and I'm sure she's going to want to talk about the conversations I think we'll all be having at Thanksgiving dinner. But first, it's time for the Jaxen report. Something tells me, Jefferey, that the events of this week is not about to make our news disappear, or even make our jobs easier. I feel like there will be plenty to report on now going into the future.

[00:14:04] Jefferey Jaxen, Investigative Journalist, The Jaxen Report, The Download
No. However we feel about the midterms. Um, you know, some people are coming out of the hangover and we're just experiencing what a new America looks like maybe out of these midterms. But there's a lot of reality that we still have to focus on. And one of the pieces of reality that we've been tracking here is the coordinated state of emergencies that has really come about out of nowhere from governments around the world, and they're not really telling you what it's for. They're telling you you should be scared. And it looks like this if you haven't seen it.

[00:14:36] Male News Correspondent
Right. The Pentagon preparing for a nightmare scenario, a global war that could knock out power grids, cripple supply chains and leave military bases cut off from essential services.

[00:14:46] Female News Correspondent
Under the new Pentagon initiative, called fortress, every major military installation in the continental U.S. would be expected to operate independently for at least 90 days.

[00:14:56] Male News Correspondent
Several of our allies warned citizens to stockpile food, medications, and water anything they would need for an emergency, natural disaster or war. The prime minister of the U.K. said that unexpected events seem to be becoming more and more common.

[00:15:10] Wes Streeting, MP
We are unquestionably facing a greater threat to this country than we have all of my lifetime.

[00:15:16] Female News Correspondent
Japan has launched a new government agency to strengthen preparedness.

[00:15:20] Male News Correspondent
The French government is working on a survival guide that they will distribute to households.

[00:15:25] Female News Correspondent
Households around Ireland have been receiving the Be Emergency Ready booklet in recent weeks.

[00:15:31] Female News Correspondent
Denmark, Lithuania, most recently Poland as well, and a number of other European nations have these survival guides.

[00:15:39] Female News Correspondent
Norway is telling its people to get ready for a full week. The ask is to manage on your own for seven days.

[00:15:45] Male News Correspondent
Dutch government urges citizens to prepare for possible power and water outages, urging people to prepare for potential disruptions in electricity, water or communication services.

[00:15:56] Female News Correspondent
It is a tool to use in the case of a natural disaster cyber attacks, health crises like Covid, a nuclear fallout.

[00:16:07] Jefferey Jaxen, Investigative Journalist, The Jaxen Report, The Download
Right. So there you have it. Everything under the sun checks a lot of boxes. Um, but, you know, we don't have an inside track to, to all of all those governments as journalists, which is probably a good thing because we can, we can follow the truth as we find it. And we're tracking as tracking that. The one thing we can say is that there's a fear. There's a fear that the governments want out of their citizens by pushing this. Um, I genuinely don't believe.

[00:16:33] Del Bigtree
That because what we know Jefferey is there must be an inside track because, you know, one of the definitions of a psyop, really, or the ways a red flag should go off on. Is this a psyop? Is that moment when all these different news agencies that are funded by different bodies all end up having the same headline or in this case, even more shocking when nations all around the world that apparently don't talk to each other, certainly don't share the same concerns or borders all have the same message prepared to be, you know, locked down or be able to lock yourself down for some period of time. So there's clear somewhere in a room, a message has been generated that is being heard by officials in countries all around the world, including America.

[00:17:25] Jefferey Jaxen, Investigative Journalist, The Jaxen Report, The Download
Yeah. Yeah, exactly. And I always go back to Covid because Covid was the Rosetta Stone of it was a look under the hood of how governments really operate. And one of the things that came out of the UK, but this happened all over. But in the UK it was very obvious was this headline here, government used grossly unethical tactics to scare publics public into Covid compliance. So they use their military psychological operations units. They use government officials. And we saw the same thing here in the in the US to a certain degree, but they scared the public into compliance. So clearly, with that emergency, all of those emergencies we're seeing, there is some fear that is being drummed up. And the more nebulous it is, the more fear it's going to cause. It could be a nuclear war, it could be war. It could be something. Well, I want to take this track here because a lot of those countries, there are regional wars going on, but a lot of those countries are involved in the regional wars. So is it going to be a war? Well, they're saying just stockpile for a short time. So I want to take this track here. Over the last couple of months, something happened in China. And this is the headlines out of Reuters. The in China, the AI bubble has already burst. And now. So they lost about $480 billion in market value. That's about 40% of AI and semiconductors are just tanked, is gone. And what's happening here in the US you're seeing is that banks, banks have a systemic risk.

[00:18:45] Jefferey Jaxen, Investigative Journalist, The Jaxen Report, The Download
They're exposed. They've invested a lot in this AI infrastructure. So what you're seeing China is collapsing with the AI investment. But in the US here you're seeing banks are pulling back from that investment. They're they're running for the lifeboats. Banks are pulling back. And this is the headline as AI has massive debt pile disconnects from economic reality. And as we speak right now, the market is going down quite a bit. The semiconductors, the artificial intelligence, a lot of people are pointing to the midterms and the Democratic sweep, but that it is it is following China's lead on the AI and semiconductors. Now, I want to go into this path here because we've been prepped a lot for there's going to be a cyber attack. There may be cyber attacks on banks. Well, a lot of the countries have issues with their currency. We have issues here with our debt in the United States. So does France and the U.K. and Germany. A lot of countries have this, and there's something called a bank holiday. That's when banks close and they open and close over a weekend maybe, and they open. And when they open, the currency is reevaluated and the debt maybe comes down because the currency loses its value. Well, that happens a lot. In fact, here's a study from Pew Research. It says financial crisis surprisingly common. So going from 1970 to 2011, they looked at this. But they say few countries closed their banks.

[00:20:03] Jefferey Jaxen, Investigative Journalist, The Jaxen Report, The Download
And it says this, remember, the emergency was for three days to a week. So I'm thinking three days a week in this in this report, it says in the past, again, this is an official study. It looked over decades of bank crises in the past, bank holidays usually lasted a week or less, according to the database. And you can see the image here, the financial crises. And you can see they often overlap. So you have a debt crisis, you have a banking crisis and a currency crisis. Well, a lot of these countries have debt crises. Um, some of the countries have a banking crisis. I don't know if anybody's in a full blown currency crisis. I don't think we'll ever get that here, perhaps in the United States, only because we have the reserve currency unless that goes away. But we did have a bank holiday in 1933. This was from the Federal Reserve's own website. Bank holiday in 1933, president Roosevelt, he issued a proclamation at that time ordering the suspension of all banking transactions, and it was effective immediately, only 36 hours after taking his oath to office. So he went to work right away when he did that. And so again, I use the I use the Covid response as kind of a guide here. You have this coordinated fear campaign. And then what do they do? They had a tabletop exercise event 201, where you're seeing the same thing out of G7 countries, G7 countries, the US, UK, Italy, Germany, Japan, Canada, France.

[00:21:21] Jefferey Jaxen, Investigative Journalist, The Jaxen Report, The Download
They simulated an AI attack on banks. Um, so think about this. A bank holiday is very, very uncommon but unpopular as well because people don't want to put money in banks anymore. It turns it turns populations against people. But what if an AI cyber attack happened from unknown actors or from a country I don't know we're at war with or something, and it had to close the banks. Just a thought. And just as I'm preparing this segment yesterday, last night, two nights ago, we have Paraguay. Paraguay literally had a banking collapse. This is out of CNN. President of Paraguay resigns. The president resigned amid crisis over bank collapse that left millions unable to access their money. 1 in 3 people in that country, 1 in 3 residents, have lost access to their money. No debit cards. Nothing. Now, this wasn't because of a debt crisis. This was actually because of an over leverage of the bank. There was some insider issues with the president and that's why he did resign. But just to put a point on that, there is this smell out there. The stock market, the AI bubble may be starting to burst here in the United States, maybe showing signs of that. And there are debt issues with our currency. So what if, what if. If it's not a war, if it's not another pandemic, does this point to something with the monetary issue? I don't know. I don't know if anybody knows, but we have to ask these questions.

[00:22:40] Del Bigtree
I want to throw on to the mix, too. I recently was at a conference and I ran into a guy that is into cybersecurity. That's what he does. And I said, what does that look like as a future with AI? And he says, I'm trying to get out of this business. It is impossible. We are no longer able to build systems that AI can't figure its way around. We can't figure out its smarter than us there, and I don't want to be liable for the breaks. And everyone in my industry is running for the hills because it's a liability. Now, if somehow an AI gets through to a company that we said we were protecting, that's on us. And honestly, I don't know how we're going to deal with it. So when I think about like even AI and, you know, is that what these nations are, I don't know, but putting into the mix. You have to imagine this is like, you know, this is sort of like if we found out that there was a home, you know, gain of function kit that every idiot in the world could have in their house. Ai essentially is in the hands now of people that don't mean well for anywhere in the world. Some very smart people can they build agents? Are they going to attack the power grid or something like that? How do you protect from that? It's going to be forever.

[00:23:48] Del Bigtree
Now. How do you police that? Um, so, you know, I want to say, you know, Jefferey, I'm not into jumping on the panic. I don't think there's a moment to panic. I think we should be concerned when we start hearing these headlines. But another thing I've also said is take them for their word. I have been saying it when they say it's not a matter of if, but when the next pandemic happens, take them for the word. There's a pandemic on the horizon somehow, somewhere, some way, they know it. And so if they're telling you you need some food stocked up, I'll be honest, I went out, I got I repacked up my meat freezer, you know, which I had sort of dwindled down. I said, you know what? Why not? Let me get a little extra toilet paper. Don't go out and want to run on Costco. Blame it on The HighWire. But I think we should be prepared in this world we're in because God knows what's about to happen. And God knows what. The real agenda that I've just said in my monologue is behind these people that did not tell us why they really wanted to be elected, or certainly didn't stand up with the principles we were used to living in in the circus. We just got out of, you know, two years ago of that circus comes back. What happens?

[00:24:59] Jefferey Jaxen, Investigative Journalist, The Jaxen Report, The Download
Right, right. You know, and as you mentioned in your in your opening statements, the basically the party that that censored Americans during Covid is, is essentially back in power. Yeah. And so everything's reshuffled. Everything's back on the table when it comes to our discourse, our, our online discussions and the censorship that may, that may come. And we look across to the UK. We've been doing this recently a lot because their censorship over there is kind of stewed to like a fine brew at this point. It's been going on as we've enjoyed this release valve over the last several years, and kind of pointing the fingers of that censorship will never happen again from Big Tech. The UK has been building a different a different space here. This is just out of the New York Post. Here's the headline. A UK teen made fun of a local politician. Then police showed up at his door. Now think about this in in the wake of these midterms, how many people in America are having just discourse, for better or for worse, around these midterms and experiencing frustration or happiness and and making memes? Think about this. This is what it says in this article. Frasier, this is a person who did this. This teen posted an altered photo of Conservative Councilor Simon Burnett with bunny ears. He also criticized Burnett for wearing shorts and a t shirt to a council meeting. Here's the picture. I can't help but laugh, but that's pretty funny. And so for that, he gets a knock on the door. The police shows up and they arrest him. They bring him down, they fingerprint him, they take his biometric information. He has a file now. So you go to Substack. Here is our friend Sergey. He wrote on this rest over a bunny ears. Britain's speech. Police are coming for Americans. Now, this isn't this isn't a fear headline. This is actually data. We're following data here and you can see how.

[00:26:42] Del Bigtree
Let me just remind everybody Jefferey. And I've said it before, you know, I am a one issue voter. And in the last election, the party I grew up in, the Democratic Party was running on ending free speech, ending misinformation. That means the government now decides what true information is. Ironically, the same government that lied to us about all of the science around Covid lied and said that social distancing was scientific. Tony Fauci admitted to our Congress. We just made that up. No science whatsoever. Lied to us that the vaccine was 95% effective. And everybody that's gotten ten Covid shots has gotten Covid like 5 or 6 times and then lied to us about masks and their effectiveness and lied to us saying that when we sat down, it was okay to take it off. And when we stood up as though you needed someone to tell you that that was a lie. But those people were saying, we're going to stop everybody that goes against our wishes, our agenda. They even called it disinformation Jefferey. We're going to end disinformation and their definition information. That is true, but is using to. So, you know, complaint and disrespect in the government and their agendas. I mean, that's bunny ears, folks. And so it was right here. And one of the things I all, you know, hope we keep our eyes on is we just voted the party that believes that back into America, the people that voted for, by the way, I'm not angry at them. They didn't vote for that. None of these people ran on that Jefferey. They did not run on censorship, and if they had, then so be it. I live in a nation with people that want censorship, want to be censored, don't trust themselves. But that isn't the case. I'm not angry at the voters. I'm angry at the people that lied to them. Especially if we start seeing this agenda come to America.

[00:28:32] Jefferey Jaxen, Investigative Journalist, The Jaxen Report, The Download
Right? And for the new political class coming to power right now, they don't have the excuse of a pandemic to censor to censor the internet forevermore. What they do have is UK's Online Safety Act, which is a blueprint we could easily see repeated. That's the low hanging fruit to implement this in United States. Now here's the blueprint here. I want to go through this flowchart. It's very simple. When you start hearing politicians. Let's take the emotions out of this. When politicians start using the word hate speech, hate speech, hate speech, this is a formulaic way to get this ball down the field. So you can see here, number one, the use of a label hate speech, dangerous speech, misinformation, disinformation. And then you have the law. That's the Online Safety Act. This lays out the entire law of why you can't do that. And what are the penalties? Well, in the UK you have Ofcom. That's the Office of Communications. They're the regulator. They're the people that point out the bad, you know, the bad citizens saying bad words and hateful.

[00:29:24] Del Bigtree
Kgb, essentially. Right.

[00:29:26] Jefferey Jaxen, Investigative Journalist, The Jaxen Report, The Download
Absolutely. Yeah, absolutely. And you had homeland security here in the US that acted as that during Covid. So they're the people that have the dossier on every every UK citizen. They can pull files, see what you posted. And then because of the Online Safety Act and Ofcom, they point the police to your door. Just like that UK teen with the bunny ears. And finally the reach. So I want to go to the UK right now and show how many people have been arrested since 2021. So in four years you have almost 63,000 people have been arrested. Almost 12,300 people have been charged for speech for online speech. How is this happening? Well, we have to watch now because the Online Safety Act is not written for just UK citizens. It's not written for just German citizens is written for everyone who uses the internet, including Americans. Let's look at the actual speech on this online Safety act. This is section 204. It says the power conferred by section 106 includes power to require the attendance for interview of an individual who is outside the United Kingdom. Wow. So they can bring you the police can bring you to the UK. You can be subpoenaed there according to this act. It goes further. It says this section 110 applies to acts done by an individual in the United Kingdom or elsewhere or elsewhere.

[00:30:45] Jefferey Jaxen, Investigative Journalist, The Jaxen Report, The Download
So they are the police of the entire internet. Luckily, in the United States, we have two federal legislative proposals that are attempting to block this right now. They're going through the process. They're being voted on both restrict foreign censorship enforcement in the US. So we have the Granite Act, and that stands as a big acronym, but it stands for Guaranteeing Rights Against Novel International Tyranny and Extortion Act. Basically, it says a domestic court will not recognize or enforce any foreign judgment or fine or order or standing. They're just not going to have it. But then we have the Home Front Act, which is basically the same thing as the Granite Act. But the Home Front Act allows individuals. That takes a step further. They adding provisions for damages for attorney's fees, and they bar extradition for protected speech. So UK can't come and grab you, but you can also sue for damages if this happens. So there's a fight for speech right now it's going on. I don't know if everyone knows about this, and I think all the politicians in America probably know about this, and whatever direction they're going to go is going to be shown over the next year or two. This is this is the fight for American free speech.

[00:31:55] Del Bigtree
Well, and it's definitely going to affect us. And if anyone watching this show doesn't think that that's part of what's on my mind and Jeffrey's mind and others like us as we watch this shift in the politics in the United States of America. Look, I have been critical of Donald Trump. I've been critical of Joe Biden, Kamala Harris. We're critical. We point out the issues. So what happens if suddenly your government decides that they don't like you anymore? And, you know, we saw how easily during Covid they want to just hand our sovereignty over to larger global systems. They did it with the W.H.O.. And frankly, if they believe in misinformation, it's a lot easier to let other nations police us. So what happens? Jefferey how many things have you and I said about UK, about Europe, about their governments, about what they're doing to their people that would have us arrested if we were in the U.K.? I, I am sure it is mountains and they've got mountains of evidence against Jefferey, by the way, all factual.

[00:32:57] Jefferey Jaxen, Investigative Journalist, The Jaxen Report, The Download
All referenced and factual.

[00:32:58] Del Bigtree
Right. Exactly. But that is that is not what is in play here. So what happens if they decide to, uh, you know, prosecute us or pull us and suddenly does the do the people that just got elected love us? Definitely not. Are they go, hey, this is a great way to handle this. Let's just let England arrest our own citizens. I have mixed feelings about the two laws that you just talked about. By the way. Sometimes I really wonder if it's smart to make a law about something that we should already have be protected by in our own constitution. I have a right to free speech, and I think it's dangerous when you start, like selecting out and writing laws as though they need to be written. It's almost like you create a weakness in the strength you already had. I mean, I'm not a lawyer and I don't mean to put down. I'm sure they mean well, but I shouldn't need a law. In fact, I don't think I need a law to say I'm allowed to say whatever I damn well please in the United States of America. And if that if you're hearing it in England, because I'm on my computer in a social media space that's on you, and my government will stand by that right until the end of time. I don't need an extra law right now. I have a constitution written by guys that had vision from hundreds of years ago. Incredibly, had vision that we would find ourselves in this situation. And so I want to rely more on the Constitution.

[00:34:19] Del Bigtree
We don't need more laws. We don't need more legislators. We need to actually stand for the Constitution and its power that that held up better than anybody else's Constitution in the world during Covid, and will hold up to protect American citizens in all of their rights if we believe in it, obviously it's under threat. That's what I you know, that's what I'm worried about. And for everybody, I say this to all the media and I mean it Jefferey if they were honest and they said that they, you know, if they start doing the things that they didn't run on, we're going to call that out because you didn't run on that. You didn't run on censorship. You didn't run on an attack on the Constitution of the United States of America and all the other things I've listed, but Jefferey, um, this is what I want to say to you is, as I stand here, you have been courageous. We have stood in this. We stood in this. In Covid, when they could have shut us down, we let them know who we were Jefferey we didn't wear our masks. We told people, go out and catch this cold and we're still here. I don't know about you, but I don't plan on backing down now, and I'm not going to be afraid. And I believe what we're representing here are American values. And you are one of the great Americans, uh, on this earth. And it's just an honor to be working with you.

[00:35:30] Jefferey Jaxen, Investigative Journalist, The Jaxen Report, The Download
Absolutely. Thank you. And likewise. And yeah, Britain's not going to back us down from American free speech or will any other country. And that's the most prized possession that we have.

[00:35:40] Del Bigtree
Absolutely. Jefferey. Let's keep doing this work. Uh, your show, you're knocking it out. We have more opportunity to download. There's so much news that's happening all the time. Jefferey is catching some of the stuff. We can't fit in the show here, so catch him on Monday's great show. The audiences are growing. People love it. They love that. It's a quick hit. It's really short and sweet to the point. And then they can get on with their lives. So keep up the great work, Jefferey, and I'll see you next week.

[00:36:05] Jefferey Jaxen, Investigative Journalist, The Jaxen Report, The Download
All right. Thank you.

[00:36:07] Del Bigtree
All right. Well, not to say I told you so, but I told you so. I have been saying on this show almost every week, do not get complacent. Do not go to sleep. Do not believe this is all over and that Covid is in our rear view mirror. Just because Bobby Kennedy is in there isn't making our lives. In fact, it may actually make it worse. And I have said very specifically, we need to be preparing for the reaction that comes from all that we've achieved. There is going to be a repercussion. I've been saying the pharmaceutical industry is the most powerful lobby in America. It is the richest industry in the world. And we watched that. It was capable of marinating global institutions like WHO Gavi, the U n, NATO, you name it, all against our sovereignty, not just in America, but specifically America, the freest nation in the world, with the strongest Constitution, bow down to the power of the pharmaceutical industry. And I told you, they didn't lose money. Even though we've lost our confidence, and our confidence in pharma is the lowest it's ever been, our confidence in the U.S. government is the lowest it's ever been. Our you know, our confidence in HHS, CDC, FDA, frankly, all of our doctors is the lowest it had ever been. Bobby didn't cause it. That's why he got the job. But none of that changed. None of the money came away in all of that debacle and all that we learned, Pharma got rich $100 billion they made from the worst vaccine least tested pile of crap that ever hit this earth.

[00:37:54] Del Bigtree
It's dangerous for so many people, but where were they going to spend that money. Did we think just because we woke up and realized, hey, it doesn't look like they're out for our best interests, that suddenly they were just going to go away? I told you, they are over the hill. They're just retreated over the hill. They are retooling, they are reinvesting, they're finding their army, and they're coming back for us and our children and the future of this species. They want fewer of us and they mean it. And so here we are. I said it was going to happen. It's okay. I believe that things happen for a reason. My life has shown me that God is watching out for us, and sometimes we need a lesson. Sometimes we need to retool. Sometimes our steel needs to be sharpened against steel, and we're in that moment. But I will say this it should be clear to everyone in America now, especially those that care about their freedom, their sovereignty, and their right to inform decision making that we are under attack. We've been under attack, and there is one network I know for sure has never backed down. We didn't, you know, start talking about this because suddenly it was the hip thing to be doing. And we're with all the other podcasters. We were here before everyone else. In fact, we gave them their talking points and we celebrated when they joined us. But we haven't stopped. We have 90 lawsuits across this country that don't change, thank God, based on how we vote.

[00:39:28] Del Bigtree
146 lawsuits filed, 516 documents produced 8 million pages, including the Pfizer data that they tried to hide for 75 years. The Moderna data, the V-safe data, which is now being read aloud by Jeffrey Tucker in a powerful display reading the open text fields. Definitely go check what he is doing over at the Brownstone Institute. But we are here. We've been here, and we have several cases on their way to the Supreme Court that is going to decide more than anything that just happened in this election. But we need your help. And now we're going to need your help more than ever. Not only are we going to continue lawsuits, we're probably going to have to beat back the talons and slings and arrows of censorship and attack. But we're here and we're not going anywhere. And you have made all this possible. You've helped us get the work done. That puts us here today and has achieved all the great things that we see in our world. And there will be more great days ahead because we are warriors. You are warriors and we're not going to stop. We're America's public health watch dog. But please now recognize this investment is important. If you are not donating to the work that we're doing, then I would ask you why. If you sat back and didn't vote, at least put your belief and your vote behind us now. We have work to do. We can still protect our children. We have a fight. It's on. It's real. The battle is real. And frankly, our founding fathers told us this is a battle that would never end.

[00:41:10] Del Bigtree
We're fighting for freedom now, for sovereignty. It's under attack by liars and imposters with ideals that are truly un-American. So let's do the right thing. Let's work together. Become a part of the Informed Consent Action Network. If you're listening right now and can't see a screen, I'll make it easy. You can text us at 72022 right in the word donate, and I will text you right back and make it really easy. It's really simple. And you actually get to celebrate when we have big legal wins and victories. It's amazing. Ironically, last week we celebrated 500 episodes and went through these incredible, beautiful videos of all that we've achieved. And then one week later, maybe one of the biggest setbacks we've seen in a while. Um, I guess we're victims of our own success in a way. Right? But I hope you've enjoyed your vacation from the insanity. I hope you've loved not having to fight for your child child's own honest, you know, understanding of their own sexuality in your home where it's supposed to be happening. I hope you enjoyed not having men and women's sports. Uh, it's been a nice little vacation, but arm up, get ready, eat a big meal because that's what makes us strong and speak of meals. One of the great people fighting for our food supply and how to eat better. Vani Hari is going to join me. If you don't know who she is, then you've been asleep under a rock somewhere. Take a look at this.

[00:42:48] Vani Hari, Author, Food Babe Feast
Inside that building, Monsanto. Bayer will be arguing for the right to poison us. We are here to make sure that does not happen.

[00:42:56] Female News Correspondent
She calls herself Food Babe. She's an activist blogger who's blowing the whistle on a major food chain.

[00:43:03] Vani Hari, Author, Food Babe Feast
I did a thorough investigation of subway ingredients, and what I found out was horrifying. I hope to meet with someone from Kraft today to discuss removing these controversial dyes from mac and cheese. I wrote a blog post and it got so viral that chick fil A invited me to their headquarters to talk about improvements they could make. I grew up on fast food and I had so many health issues as a child, and by my early 20s I was on nine prescription drugs, had two different surgeries, and I hit rock bottom when I found real food. I went off all prescription drugs and realized a life that I never thought was possible. This is Skittles ten artificial dyes in the US version and titanium dioxide. This ingredient is banned in Europe because it can cause DNA damage. Our food supply has been flooded with unnecessary synthetic chemicals and industrial additives that are destroying our health. We have to keep pushing until every family can walk into the grocery store and buy real food without worrying about the chemicals inside them. You don't go quiet. You talk about this. You post about this. You ask your lawmakers where they stand. We have over 400,000 petitions delivered to Kellogg's today. Please let us in. Come out! Stop hiding from us! Come out! Let us win!

[00:44:31] Vani Hari, Author, Food Babe Feast
My goal from this day forward to get to every single American. So they know the truth about our food industry. We're not going to stop. We're going to keep demanding change. And we're going to lead the boycott on Kellogg's. We cannot allow our own American companies to treat us this way anymore. We have had enough. It's unethical and it needs to stop. You never let them silence us. We are the people and this is our moment.

[00:44:59] Del Bigtree
Well, she's the food babe. Probably should be called the Food Warrior. She's got a great new cookbook called feast. More than 100 recipes. She joins me now. Vani Hari.

[00:45:11] Vani Hari, Author, Food Babe Feast
Hey, Del.

[00:45:12] Del Bigtree
So awesome to have you here. You know, when we planned on having you on the show was going to be this light little conversation about Thanksgiving and a better way to do Thanksgiving, and we'll get to that. But holy cow. I mean, you've been on the front lines. You've been one of those people that did roll up your sleeves. You've spent a lot of time in Washington, D.C., trying to get things done. And so, you know, what are your thoughts? I'm sure this this election has had some impact on the work that you want to do. Have intended to do.

[00:45:42] Vani Hari, Author, Food Babe Feast
Yeah. I mean, I think what you covered with Jefferey is really important. You know, I was banned off of Twitter and X for almost two years during the Covid years. And I didn't even say that much. You know, and so, and I think about all of the people that were part of the disinformation dozen that were completely deplatformed for warning about the dangers of the pharmaceutical drugs that were being pushed on us. And I think about the the censoring of citizenship. And I really worry about that. I think that is probably my biggest concern right now. And I'm so glad that you dedicated part of the show to talk about that, because I think that the thing that I have loved the most about Robert F Kennedy Jr taking a position at the white House as a cabinet secretary, the thing that I have loved the most is that for the first time in history, we've been able to tell the truth about the food system. Yeah. My favorite moment over the last two years was standing on the white House lawn with the head of the FDA at the time, Doctor Marty Makary, with CNN cameras pointed at us, us telling the truth about artificial food dyes for the first time in history, coming from the white House lawn.

[00:47:00] Vani Hari, Author, Food Babe Feast
Whereas before every other FDA refused to tell the truth about our food system. Right. And these chemicals that have inundated our food supply. And so I hope that continues. Right. I hope that we still can educate Americans about the truth, how American companies are poisoning us with ingredients they don't use in other countries, how our food system has over 10,000 chemicals in other countries have only 400 available to use, for example, or the fact that we are constantly up against a disadvantage in terms of how our farming is inundated with chemicals here in the United States compared to every other developing nation. Why? We have the highest rates of cancer. Why the ground zero is in Iowa, of all places, for the highest cancer rates in the world. I want to keep talking about those issues, because I think that is what is going to bring real change. And I am seeing enormous grassroots organizing right now, and I think our movement is going to grow from here on out. I am not concerned that.

[00:48:10] Del Bigtree
It's going to ask you. It's going, what is it going to do.

[00:48:12] Vani Hari, Author, Food Babe Feast
For a lot of people want it to go away. I mean, who who are the people that would want it to go away? Big pharma, big chem, big food, right? The corporate interests, the special interests that have prevented policies from getting passed over the last two years. I mean, I have seen policy after policy enter the white House and then just get stopped dead in its tracks because of corporate capture, because corporations will call the white House and stop it. One happened recently. You know, I was invited by the head of the FDA and HHS to come speak at an announcement that they were making on changing the grass rule to finally close the loophole that allows food companies to introduce chemicals into the food supply.

[00:48:55] Del Bigtree
The. Generally recognized as safe grass like. That's right. We're just going to assume it's safe and move on.

[00:49:01] Vani Hari, Author, Food Babe Feast
They started to making steps on closing that loophole. But part of that announcement was releasing an ultra processed food definition. And that definition would help the school lunch program decide what to include as part of the changes for that. And it would also put pressure on the food industry to start removing all the chemicals they don't use in other countries in the same processed foods they sell in both.

[00:49:23] Del Bigtree
Seems like a no brainer.

[00:49:24] Vani Hari, Author, Food Babe Feast
It's a no brainer. It was a white paper, but it got stopped at the last second. I was told to change my speech the night before. I was giving a talk at HHS, and it was because the food industry had called the white House, according to the rumor mill, Yeah. And stopped progress.

[00:49:41] Del Bigtree
Well, but you were contacted by him assuming the white House was some form of it, right?

[00:49:45] Vani Hari, Author, Food Babe Feast
Yes. I was contacted by the head of the FDA. I was briefed on the definition because I needed to know what to say. Right. And and then it was pulled.

[00:49:53] Del Bigtree
So we had a new definition. It was about to be announced. You were going to give a speech and that all got shut down. I mean, who is the they? I mean, do you have a sense of that? You're you're in there. It's the question we're all getting. I mean, you know.

[00:50:07] Vani Hari, Author, Food Babe Feast
It's the people at the very top that are controlling everything the puppeteer, the master at the top.

[00:50:13] Del Bigtree
Yeah.

[00:50:13] Vani Hari, Author, Food Babe Feast
And, and it's, it's there needs to be accountability here. Um, there was a mandate in 2024. Yeah. Right. And we have to be sort of honest about that election. We kind of knew President Trump was going to win the the same way that, uh, Darlene Graham lost in South Carolina, where they installed her to be the Senate candidate and just expected the Republican Party to vote for her because they installed her. The same thing happened in 2024 with the Democratic Party. The Democratic Party installed Kamala Harris. Right. And and to expect people to go vote for someone anointed like that who had the least amount of popularity, no primary votes when she ran for president was a stupid plan. So they didn't have a plan. So we knew President Trump was going to be president. So let's just put that let's just make that clear. Right? But I think what brought people to the ballot box that brought people to the movement and wanted to see change and wanted to support a new party and, and put party lines aside and a lot of independents coming to the table, they saw a coalition starting, right. They saw people coming together to say, you know what? Politics is politics. It doesn't matter if you're Democrat or Republican. You know, Bobby Kennedy was a Democrat forever, right? For him to just put that aside to say, you know what? I got to make some progress. He's going to be president, right? Right. I'm going to have to this is the only thing I can do. I'm 70 years old. Right. And and so to make that stance and to go in there and roll up his sleeves and try to get stuff done.

[00:51:56] Del Bigtree
Let me just clarify really, because it's a very it's a very important moment. I it's the one part of this conversation I can really bring to it. Not only Bobby wasn't. He's going to win. Bobby realized if I stay in, I'm the only reason he loses. You know, I'm going to make him lose if I stay in this race. And if my vote matters, then I'm going to, you know, go with the person I think is going to get more done here. So it's a really gigantic seismic thing that happened in our politics. It was just two years ago. And, you know.

[00:52:28] Vani Hari, Author, Food Babe Feast
I think the vote means a lot when there's a close election like that. Right? It really does mean a lot. But I want to agree with you During this midterm election, nobody was running on Maha. No. The people who were even the head of the Maha caucus, like Roger Marshall. Abandoned Maha at the last minute when he voted for the farm bill. That allows the EPA to take another five years to review chemicals, giving the chemical companies five more years to poison us without any type of oversight. Right. Um, so we had fake Maha people running for office, right? Yeah. And so that is something now that people need to think about when they want to win this coalition. And I can tell you, we are not attracted to Partizan politics. We are not attracted to causing a clown show at hearings where you're trying to impeach people and make people look silly for sound bites and and clips that you play on X, right? We're not interested in that. We're interested on what are you going to do to save our children? Right. What are you going to do to fix this food system where 60% of it is chemicals that don't belong in our bodies. Right? Yeah. What are you going to do to make sure we're never censored again? What are you going to make sure that I can choose what I put in my child's body at the doctor's office?

[00:53:48] Del Bigtree
Yeah. Yeah. Well. Amen. Bonnie. And what makes you amazing is you're not one of those people that just sits there and whines and complains. You know that montage? You know, I've. I've walked with you. I've stood with you. I've shouted next to you. You've gone out. What you've done with Kellogg's, you're really a force of nature that's going to continue on. Uh, but let's talk about what we were planning on talking about, because we'll have plenty of time now to talk about the, uh, the, the political situation, which, look, I think if everyone sticks to their guns and stands. I mean, I think we all mostly disagree in this country on what we think is wrong with the country.

[00:54:28] Vani Hari, Author, Food Babe Feast
We called it, I don't know. We called it out at the very beginning of this situation if like people need to recognize that when President Trump signed the executive order on glyphosate, that was because we were going to war. Everything is related to the war. Glyphosate was being protected because Israel was using it as a chemical weapon, and they were using elemental phosphorus, which bears the sole provider of.

[00:54:56] Del Bigtree
Wow, I didn't know that. Okay.

[00:54:58] Vani Hari, Author, Food Babe Feast
For munitions. Okay. Okay. So none of this would have happened had we not gone to war. Okay. The EO on glyphosate that, you know, threw a bomb on the Maha movement, right? Yeah.

[00:55:12] Del Bigtree
Um, and and, like, frankly, paraded that one of their arch enemies, Bobby Kennedy, out into Times Square to be tarred and feathered over it. And, you know, people can judge Bobby for it, but I, you know, when I watch him, I watch the guy says, all right, if that's what I have to do to stay in here, I can't move this, but I want to stay in and move what I can. Right. It's, um.

[00:55:34] Vani Hari, Author, Food Babe Feast
And he's a fighter, you know. I mean, he's not he's not a quitter. He he walks around almost like an armadillo. He's just got this, like, armor on him, right. He can take all the bullets, right? And so and I've been here in Texas, so I had to use that use that analogy. But but I think what's so interesting is that we've been, you know, the women in this movement have been saying and we've been trying to tell the white House and tell the people in charge that the midterms are going to be a slaughter. Yeah. Women do not come out and vote for glyphosate and war. They just don't.

[00:56:07] Del Bigtree
Right.

[00:56:08] Vani Hari, Author, Food Babe Feast
They don't. And they don't get energized to vote for a party that stands for that.

[00:56:12] Del Bigtree
Yeah. Great point. You also the one of the things you've really been great is you'll go in there. I've watched you in conversations with Brooke Rollins. Um, you know, at USDA, you know, your EPA, like you're in there, you're talking to all these people, but you're also calling them out. And there was a tweet that you took some issue with. Let's take a look at this. This is Brooke's tweet. A Thanksgiving dinner for just $25. Now that is something to be thankful for. This holiday season at POTUS is working to lower prices and put more food on your table and more money in your wallet. Thank you at Amazon for stepping up and offering a complete Thanksgiving meal for just $25. There's more work ahead, but this is another step toward making America affordable again. All right. And maybe, maybe this is where the is making America affordable again in line with making America healthy again.

[00:57:06] Vani Hari, Author, Food Babe Feast
Well, she's celebrating the price, but she's not celebrating the ingredients. Yeah. And she needs to be looking at the ingredients that she is pushing towards America. And those ingredients in those products that Amazon is, is offering are absolutely horrific. I mean, one of the products is the stove top stuffing. Yeah. It's got monosodium glutamate in it. So does this, by the way, this cream of mushroom soup from Campbell's. Monosodium glutamate. This is an ingredient that was invented by Japanese to give to soldiers in time of war, when they felt so much PTSD that they couldn't eat and so much stress they couldn't eat. They would sprinkle this on their food so that they would eat and stimulate their appetite. Now it's being inundated into our Thanksgiving meals that we're we're pushing to. Poor Americans, people that are really struggling. And I find that unacceptable. Yeah. It is not okay to poison our less fortunate in this country. It's just not okay. I think it's great to say that we need lower prices and we need to make food affordable, but this is not the way to do it. By basically giving them a product that stimulates their appetite, giving them, letting them stay hooked to food, making them stimulate their appetite, making them eat more than they should, and then having to go on a pharmaceutical drug because they can't break free from the pharmaceutical industry from, from the food industry, rather so.

[00:58:24] Del Bigtree
So I guess we have we have stovetops ingredient. Here we go. And so you were also talking about stoves. Here's in reach in enriched wheat flour niacin, thiamin mononitrate. What's bad?

[00:58:36] Vani Hari, Author, Food Babe Feast
High fructose high fructose corn sirup. Definitely. You shouldn't be adding sugar to your stove top stuffing or any kind.

[00:58:42] Del Bigtree
Of the worst kind of sugar there.

[00:58:43] Vani Hari, Author, Food Babe Feast
Is the monosodium glutamate that I just mentioned, the hydrolyzed soy protein coming from genetically engineered soy that's, you know, designed to withstand heavy doses of glyphosate linked to cancer. You've got natural flavor, of course, that's the thousand different chemicals. You have no idea what's behind that label. That stimulate your appetite. Again, makes the one millionth best part of a taste makes processed food taste better than it should. Then you've got B, h, a, and BHT, two ingredients you will not find in Europe in many products at all. They are endocrine disruptors. When we think about our kids going to puberty early, when we think about autoimmune disorder, when we think about hormonal problems, infertility, those are to to blame for that.

[00:59:22] Del Bigtree
It also tastes like shit. I mean, I, I, I'll admit this. I'm usually the one that makes the Thanksgiving dinner. I'll be going back to Boulder, Colorado to visit my family. And I'm always like, I got the dinner. I actually really enjoy it. I still with my mom when she made it. And stuffing is like the easiest thing in the world. You really can't mess it up, you know, it's just a bunch of bread stuffing, some celery, a little bit of rosemary, sage, like whatever comes out amazing. Everyone's like, oh my God, Dale, how'd you do this? Like actually one of the easiest things in the world. Gravy. Yeah. Pretty easy. And so people go and buy these like synthetic versions. I mean, who needs this?

[01:00:03] Vani Hari, Author, Food Babe Feast
Yeah, this, this turkey gravy has caramel color in it. This is made from ammonia. It's considered a carcinogen, according to the International Agency for Research on Cancer. Why are you adding caramel color to this product? Right? Turkey gravy should just naturally be brown if you're using like the drippings from the pan, which is how you should make gravy. Now in my book Food Babe Feast, I give that recipe that I make. You know when you make your turkey, you save the drippings from the bottom. And you, you just use a little whisk and add a little flour to it and little herbs and, you know, salt and pepper. It's good to go. You can add a little wine and get a little fancy, you know. I mean, you can do a lot of different things, but yeah, you can have fun. But this is not okay to keep pushing poison on the American people. And I think about even the, the Halloween.

[01:00:47] Del Bigtree
Well, let's look at Halloween because we just went through the Halloween.

[01:00:50] Vani Hari, Author, Food Babe Feast
Yes.

[01:00:50] Del Bigtree
And I like Halloween.

[01:00:52] Vani Hari, Author, Food Babe Feast
I love the fact that I can promote a trick by the tree.

[01:00:56] Del Bigtree
Yeah.

[01:00:56] Vani Hari, Author, Food Babe Feast
Which my kids loved getting because they're like, what? This whole bag is good.

[01:00:59] Del Bigtree
Like, I can eat this.

[01:01:01] Vani Hari, Author, Food Babe Feast
I know. It was.

[01:01:01] Del Bigtree
Amazing. I don't have to hoard it and hide it under my.

[01:01:03] Vani Hari, Author, Food Babe Feast
Pillow to keep it on top of the fridge, because they wanted to eat all of it at once. But yeah, no, it was absolutely incredible. But you know, the trick or treat at HHS.

[01:01:12] Del Bigtree
I'm watching all of this. I think we have some. Do we?

[01:01:14] Vani Hari, Author, Food Babe Feast
I'm watching. Yeah. We should have.

[01:01:16] Del Bigtree
Yeah.

[01:01:16] Vani Hari, Author, Food Babe Feast
I'm watching the video of this event and I'm watching. I'm like, they put conventional Halloween candy at this event. Why did they do that?

[01:01:25] Del Bigtree
Here we go. And it just oh, here we go. Here was. Yeah. Eat real food and oh, it's a maha. There's real food. That's airheads. Skittles, Reese's. Oh my God, that whack stuff. Is that even candy? Oh, jeez. I missed it by that much.

[01:01:42] Vani Hari, Author, Food Babe Feast
I know, I know. And so if you guys still have Halloween candy in your house, which I know a lot of people do have the switch, which come. She can come any time you want, right? Have her come swap out the candy at night for a toy or some books. That's what my kids do. And they love it and they never see the candy again. It goes right into the trash. People ask, Bonnie, do you donate it to the soldiers or anything like that?

[01:02:01] Del Bigtree
I'm like, I don't want to kill them.

[01:02:03] Vani Hari, Author, Food Babe Feast
Why do I want to poison people? Right. We the buck stops here with poisoning people with ingredients that don't serve their body. And I can tell you, when you start eating real food, you can start to feel better than you ever have in your life. I know, because I went off nine prescription drugs. I started living a life that I never thought was possible. And that's what I want for every American.

[01:02:25] Del Bigtree
All right. Tell me about this book. Why? Why a cookbook, Bonnie? Well, feast.

[01:02:30] Vani Hari, Author, Food Babe Feast
It's all about avoiding the holiday death aisle. Okay, the holiday death aisle is that big aisle in the grocery store, right? When you walk in and it's brightly colored, it doesn't matter what time of year it could be. Super Bowl, where the two teams colors cookies and cakes and pies and all that stuff right at the front of the store. It could be Valentine's Day, it could be Halloween. Just like we we've celebrated. It can be Thanksgiving, it can be Christmas. But every single time the food industry knows that they are going to get you with their poison because nostalgia takes over, the traditions take over. Oh, I always buy these chocolates at this time. Oh, I always buy this candy at Valentine's Day. Oh, I always get these eggs at Easter time, right? It happens almost every single month. And then your child is at school and experiencing 30 different birthday parties where they're going through the same nostalgia of celebrating someone's birthday. And we're constantly inundated with poison. It is the worst of the worst chemicals being served, because it's all brightly colored with artificial food dyes. It has all of those additives and preservatives I just talked about during the Thanksgiving meal. The MSG, the caramel color, the BHA, the BHT, the t, BHQ you find in the Reese's Peanut Butter Cups. It doesn't matter what season they're going to be Christmas shaped during Christmas. They're going to be egg shaped in an Easter. But this book is about how to celebrate with real food and develop good new traditions with your family, where you can say no to all that processed crap. You can say no to the holiday death aisle. And so I wanted to prove it, that you can have fun. You can eat decadent things, cookies, cakes, pies, but you can make them with wholesome, real food ingredients, not the chemicals the food industry is using to improve the bottom line of their pocketbooks.

[01:04:14] Del Bigtree
Well that's amazing. Hey, everybody out there. Amazing book, Vani Hari. My understanding is you've got like 20 copies that you've signed for us. Is that what I heard? So if you go to our store and buy the book there, you can get a signed copy at The HighWire dot shop. So not only do you get amazing cookbook, you get the signature of one of America's great warrior moms. Uh, you're going down in history, and we can have a cookbook to prove that we knew you. Uh, my understanding. I passed the table over here that there's something you're going to whip together for us. So why don't we go do that? All right. Sounds good. Let's let's think about better things. Let's think about Thanksgiving dinner and the light, joyful conversations we're going to have with all of our relatives.

[01:04:56] Vani Hari, Author, Food Babe Feast
I love talking about politics. Thanksgiving.

[01:04:59] Del Bigtree
This one's going to be rough, though. I think I'm I'm that was like the first night, like the night of the election. I was up all night literally running through what I'm going to like the conversation I'm going to try to have with some of my friends and family members back in Boulder, Colorado, The Crystal Cathedral of liberalism. Okay, what have we got?

[01:05:17] Vani Hari, Author, Food Babe Feast
All right. So, um, you know, this is a pineapple, and I am going to make this pineapple dip that my family member, Laura, makes every single party. And I have her bring. And it's so delicious. It's little sweet, it's little salty, and it's so pretty. And it's something you can bring to a holiday gathering if you're going and you can just plop it on the table. And so we're going to make this the first thing you have to do. And this is always the step I forget. So I'm going to teach you how to do this. But but you need to cut a little bit of the pineapple so it stays flat on the.

[01:05:52] Del Bigtree
Okay on the flat like that.

[01:05:54] Vani Hari, Author, Food Babe Feast
Right. Like it's got to stay.

[01:05:56] Del Bigtree
Like that rolls over. All right. All is lost.

[01:05:59] Vani Hari, Author, Food Babe Feast
So then we're going to make we're going to make the inside here. And the inside is super healthy. It's got we've got some organic mayo here right there.

[01:06:08] Del Bigtree
Mayo in a pineapple. I want to see how this works.

[01:06:10] Vani Hari, Author, Food Babe Feast
It's really important to find mayo that doesn't have GMO seed oils, all of the additives, all of that kind of stuff. This is some minced onion, okay. And I mean, this is really simple, right? Like mayo and some onion, right? And then you have good shredded goat cheese. And I love using goat cheese. This is a goat cheddar.

[01:06:32] Del Bigtree
Okay.

[01:06:32] Vani Hari, Author, Food Babe Feast
This is coming from A2. So it's like it's just easier to digest. There's no tummy troubles, okay. And you just mix all of this in and.

[01:06:42] Del Bigtree
You thought that was coconut. So this is definitely not going in the direction I thought.

[01:06:45] Vani Hari, Author, Food Babe Feast
Yes. No this.

[01:06:46] Del Bigtree
Is cheese

[01:06:47] Vani Hari, Author, Food Babe Feast
Yes.

[01:06:48] Del Bigtree
Cheese.

[01:06:48] Vani Hari, Author, Food Babe Feast
Yeah. And you really want to like mayo. Make sure all the mayo and the onions are really here. Why don't you give this a little stir. Give this a little stir. Sounds good. And I'm going to switch this out. I'm going to bring over. We've already.

[01:06:59] Del Bigtree
Do it. Yep.

[01:07:00] Vani Hari, Author, Food Babe Feast
Cut open. So after you cut the flat side off you put that down. You want to just cut a little opening on the side. You know, take out that pineapple a little bit so you can put the dip inside. So once it's mixed you want to try to put.

[01:07:13] Del Bigtree
It in there. Let me see if I can do it.

[01:07:14] Vani Hari, Author, Food Babe Feast
Okay. We're going to get Del cooking in here.

[01:07:16] Del Bigtree
That's it. I'm not bad. I mean, one of the things like, you know, and I do relate, by the way, like I could have done great. Now I've got to do it for camera where you can actually see it. But you know, one of the things I was thinking about, you know, when we talk about jobs and everything, and I do relate to the cost of living in America is I waited tables for 20 years. Yeah. It took me 20 years to get a career like up and running in the media. And I love that the American dream made it possible. I didn't complain during those 20 years and think someone owed me something. In fact, I look back, I'm like, I'm glad it was hard. It's how it sort of got the people out of my way that didn't have the same amount of talent.

[01:07:57] Vani Hari, Author, Food Babe Feast
I know. I love it. I mean, I worked at the pancake house, so I'd wake up at 5 a.m. and make butter. Churn butter? No, I really did. It was so amazing. It was.

[01:08:06] Del Bigtree
So what's.

[01:08:06] Vani Hari, Author, Food Babe Feast
This? So this is some fruit spread that you just put on top. Now this is 100% fruit spread, so there's no added sugar in it. It's the brand is crofters if you're looking for it, but it's just fruit. And this is strawberry

[01:08:17] Del Bigtree
Now I get it. This is really goat cheese and fruit.

[01:08:20] Vani Hari, Author, Food Babe Feast
Yeah it is. It's it's.

[01:08:21] Del Bigtree
Pretty tasty.

[01:08:22] Vani Hari, Author, Food Babe Feast
It's so tasty. And so then I love to serve it with these rustic organic crackers. Or you can use these organic flat pretzels. This is actually my favorite. I get a big bag of these at Costco. All right. I was there recently because true Bonnie launched in Costco, which was such a huge deal because they only had like 4000 brands in the store at any time. So they make, they have these organic at Costco, which they don't have these organic at other grocery stores.

[01:08:48] Del Bigtree
You got to be careful because they look exactly the same.

[01:08:50] Vani Hari, Author, Food Babe Feast
They look exactly the same.

[01:08:51] Del Bigtree
And I've even found them in our, in our, you know, covers like, wait, hold on a second. How did this get here?

[01:08:56] Vani Hari, Author, Food Babe Feast
I know, and this is.

[01:08:57] Del Bigtree
Actually.

[01:08:57] Vani Hari, Author, Food Babe Feast
This is one of the values that Costco brings actually to its members, which I learned through, you know, speaking at their headquarters and stuff where they will get like, for example, California, Costco's got MSG out of the Doritos just for their just for their customers.

[01:09:12] Del Bigtree
Really?

[01:09:12] Vani Hari, Author, Food Babe Feast
Isn't that so insane that they can they have that much market share. They actually sell the most organic food out of any grocery store that they can do that kind of stuff. It's incredible. But anyways, um, so yeah, did you try this?

[01:09:25] Del Bigtree
I already just dug my chip in there.

[01:09:26] Vani Hari, Author, Food Babe Feast
Um, but yeah, this is so good. Here, you got to just, you gotta try it.

[01:09:30] Del Bigtree
I'll do one more.

[01:09:31] Vani Hari, Author, Food Babe Feast
But it's like that sweet, salty, crispy, you know?

[01:09:35] Del Bigtree
Anyways, so what else what else do we have?

[01:09:37] Del Bigtree
These are all in the book, I'm assuming.

[01:09:38] Vani Hari, Author, Food Babe Feast
Yes. So this is a pumpkin surprise pie. And this is actually made with no refined sugar. It's it's actually made with dates really. You would never know. And it's so good and has real whipped cream on top. This is my, you know, remake of the stove top stuffing organic French bread. So you're getting bread that hasn't been doused with glyphosate. You're not getting any of those additives. You're definitely not putting MSG at home in this, in this stuffing that you can make on Thanksgiving. And then I've got my sweet potato casserole over here. And the marshmallow brand that I love to use is called Hammonds. And so it just is a better for you marshmallow than you would find at the store. Kraft is making one that still uses blue dye. I mean, it's absolutely insane that, you know, you think a white marshmallow wouldn't be dyed, but they are putting blue in it. So it just makes it even brighter.

[01:10:27] Del Bigtree
Because they can.

[01:10:28] Vani Hari, Author, Food Babe Feast
Because they can, right. And you don't even have to use marshmallows. You can just use pecans or you can use nothing if you want. If you just like the sweet.

[01:10:34] Del Bigtree
Potatoes, I think sweet potatoes are sweet enough myself.

[01:10:36] Vani Hari, Author, Food Babe Feast
I know I love a good, I love a good sweet potato casserole. But yeah, I mean, this is really about remaking your traditions. And really, it's not about not having the pie, right? It's not about whether to have the pie or not. It's about what are the ingredients in your pie. And I just want everyone to know that they can have a really healthy Thanksgiving. They can have healthy holidays. They don't have to again, fall victim to the holiday death aisle.

[01:11:01] Del Bigtree
All right. Well, look, if you are out there and you're planning on Thanksgiving. I would assume most of our audience has been pretty good at cooking, but if not, this is a great book. It's a great time to get it. Grab it before Thanksgiving so you're ready with some surprising, you know, recipes that are easy and going to be great. But even more importantly, it's a great gift. I mean, we all know somebody that is intimidated by cooking, and I think we just really don't think about like, what gift can I get this person? How about let's start helping our friends and family cook? How about your college student going off to college? How about a cookbook anyway? Bonnie, thank you for your great work and keep it up and we'll see you on the other side. We're going to continue to do great work together.

[01:11:46] Vani Hari, Author, Food Babe Feast
Yes, absolutely.

[01:11:47] Del Bigtree
Let me go out and close out this show in this crazy week. Okay. All right. All right. I think I've pretty much said most of what needs to be said. And if you're my friends and family and people out there. You know, I'll probably keep ranting on the telephone over the next few days and and putting my thoughts out there. But I do want to really address President Trump just for a moment. First of all, I get it. We've all had a good shellacking. As I said, I've been in sports. It happens. And in many ways, you know, some of these things, as I've said, aren't your fault. I think many of the slogans and policies you've talked about were stolen and used in some ways against you, against this country. But I think what we should realize, really, President Trump, is what I'm saying. This country is more aligned than we realize. We want, you know, lower prices on our food. We want, you know, a world that we can live in. We want our jobs to pay us enough that we can have a family, that we can buy a house, all of these things. Look, I've seen you even working on. Can we port over our home loans? There's a lot of things that are working against us in this world, but this is what I want to say.

[01:13:11] Del Bigtree
Um, we did give you a mandate and that mandate came through Robert Kennedy Jr. And I've watched you really playing both sides of this game for the last two years. And frankly, it's been, you know, depressing enough that I think you lost some voters that you would have had maybe, you know, as I see some of the polls, like up to 25% in some of them said, I just didn't vote. People that really wanted to see Bobby be allowed to do his job. And instead, I've watched you bring Robert Boyle into the office and I see what you're doing. You're trying to, you know, both support business in America. And even though, you know, these are a bunch of crooks and and demons on some level their business and you're a businessman, we got to keep the business going. So we, we got to we got to keep Pfizer here. And we've got to keep Bayer Monsanto like close. Keep your enemies closer. Maybe it's a Godfather thing, but all the time you've been doing that, a couple of people apparently in your cabinet are, you know, taking away the people around Bobby that were helping him get things done that are intimidating scientists that want to work with Bobby to do the studies that need to be done. And here we are. And I have news for you.

[01:14:25] Del Bigtree
I'm pretty sure this Iran war is going to come to a close. Whether that was your plan or not, we're all over it. I would guess you're over. It hasn't done you any good. And so as soon as that happens, gas prices will go down and then the economy really will spring to life. And thank you for the great work that you've done to dig us out of this insane hole we were put in by the Biden administration. But here's what I want to say to you. If you think that your legacy will be built on the fact that, you know, you made gas cheaper and you saved the economy, I don't think it's going to happen. I think the Democrats are actually going to take credit for it. They just took office. They said that they believe in lower gas prices and that they want grocery prices to come down. And when that ends up happening, which was the inevitability of the work that's already being done by those of us that also cared about those issues, they'll say, look what we did. You voted us in, and we're the ones that saved the economy. We brought gas prices down with our lawsuit against the Exxon and Mobil and Shell. Uh, we know. I know. Let me just say this. I know that you know that I know that you know that that will be bullcrap.

[01:15:34] Del Bigtree
But there's one place I can guarantee you your enemies are not going to claim. They're never going to claim that they were the ones that made America healthy again. They won't claim that they were responsible for investigating the vaccines that never got a proper safety trial. They won't go anywhere near that. And once we do the real studies and find out, you know, are there children that are being adversely affected. Maybe there's a way to test for it. And once they start realizing, oh my God, vaccines are just like every other drug, they have warning labels and kids are dying. And some, you know, won't have a future and some will, you know, be handicapped the rest of their lives. Maybe I don't want them. Maybe I want a choice. And I guarantee you, as those people start making that choice and celebrating, oh my God, I feel better with the fewer drugs that I'm taking. The pharmaceutical industry in all of its shills aren't going to jump there and say, yeah, we did that. No, they're going to run for the hills. They're going to hide from it. So what I want to say, President Trump, is if you still desire a legacy, if you still want to be remembered for being great, you have an opportunity. It's not the economy. The economy is going to be a mess.

[01:16:49] Del Bigtree
Others are going to care for it, and AI is going to make a disaster out of anything, everything anyway. But you have a man in there that cares in Robert Kennedy Jr. You have a man that wants to do the right thing and he needs help. He needs to be surrounded by people that care about science, not people that care about making money from industry in America. Please get these money grubbers out of Bobby's way. Let him loose and let him do the job. We voted for him to do that. We voted for you to allow him to support him in doing. It's about the only real legacy that's left, and it's going to be hard. It certainly needs to be made as easy as it can be made. And if you do that, we will forever be thankful and remember you and our kids and our healthy kids and our healthy grandchildren will remember you. Now is the time. If not now, then when? President Trump. Up. And if this is truly important to you, and I believe it is. Let the floodgates open and let's show them what we're made of. See, the United States of America. We're going to continue to be free. Imagine being free and healthy. That's what we're all about on the Highwire. And I'll see you next week.

END OF TRANSCRIPT